

flutalk

A message from your local health department, Winter Issue

4 healthy habits for flu season

Wash hands frequently • Avoid social events when sick • Make an emergency plan • Keep plenty of food, water, and medicine on hand

Spread the Message Not a Disease

Use your sleeve when you sneeze

Cover coughs with the upper arm or a tissue instead of hands

Social Distancing

KEEPING THEM HOME WHEN THEY'RE SICK